



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:

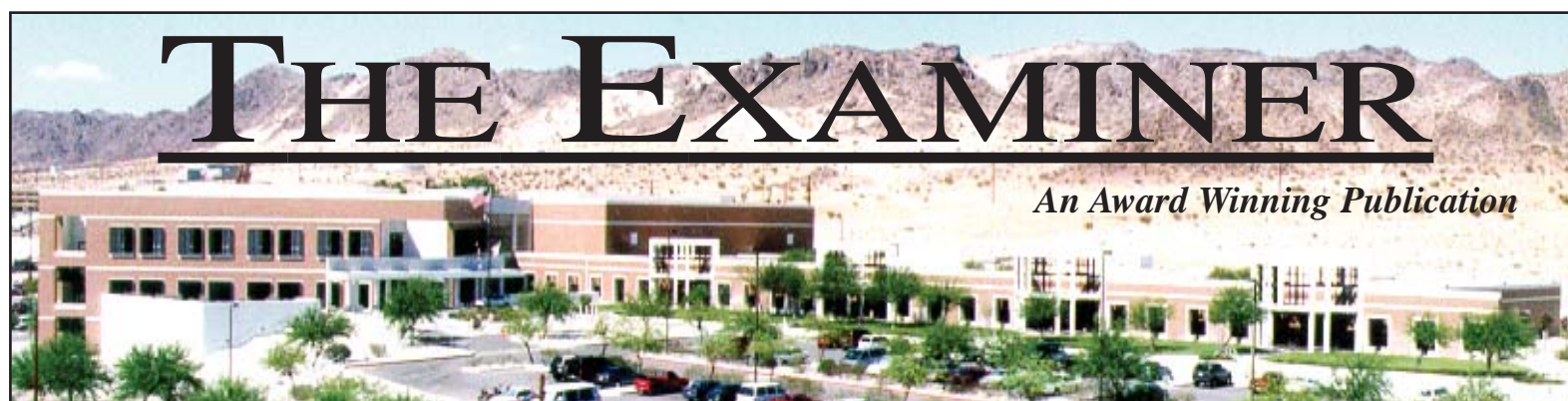
E-mail at complaint@jointcommission.org
Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344
Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Capt. Sandra Mason Receives Recognition at Senior Nurse Leadership Conference

By Lt. Phyllis Dykes, Clinic Business Manager, NHTP Mental Health Dept.

Capt. Sandra Mason was in Falls Church, Va., attending a conference when something unexpected happened. She heard Rear Adm. Rebecca McCormick-Boyle, Commander, Navy Medicine Education and Training Command, 24th Director of the Navy Nurse Corps, say, "Capt. Sandra 'Sandy' Mason--Front and center!" Capt. Mason, accompanied by Lt. Phyllis Dykes, was attending the Senior Nurse Executive Business Meeting and Orientation, Mar. 17-20, at the Defense Health Agency Headquarters. Rear Adm. McCormick-Boyle thanked Capt. Mason for her distinguished military service and shared her accomplishments and career highlights with over 40 senior nurse executives and six Navy lieutenants who were attending as nursing leadership interns.

Capt. Sandra Mason's career highlights:
Nov. 1974-Nov. 1977: Enlisted U.S. Navy, one of the first females assigned to work aboard Tugboat YTM 543. This was prior to female ship-board assignments;
Nov. 1977-Jun. 1988: Enlisted U.S. Marine Corps; highest rank earned: Gunnery Sgt.
Sep. 1988-Jan. 1990: Staff/Charge Nurse, 20-bed pediatric inpatient ward, Naval Hospital Oakland, Calif.
Aug. 1990-Mar. 1991: Charge Nurse, 80-bed ICU, USNS Mercy; deployed to the Persian Gulf;
Jan. 1990-Dec 1992: Charge Nurse, 12-bed ICU, Naval

Hospital Oakland, Calif.
Dec. 1992-Feb. 1995: Full-Time Duty Under Instruction, The Catholic University of America

May 2003-May 2005: Head, Staff Education and Training Department, U.S. Naval Hospital Guam;
May 2007-Aug. 2008: Chief

Naval Medical Center San Diego, Calif.

Feb. 2012-Mar. 2012: Special Projects, Patient Safety/Risk Management, San Diego, Calif.
Apr. 2012-present: Senior Nurse Executive/Director for Nursing Services, Naval Hospital Twentynine Palms, Calif.



Rear Adm. Rebecca McCormick-Boyle, Commander, Navy Medicine Education and Training Command, 24th Director of the Navy Nurse Corps, surprises Capt. Sandra Mason, NHTP Director of Nursing Services, at the Senior Nurse Executive Business Meeting and Orientation conference in Falls Church, Va. (Photo by Lt. David Johnson)

Jan 1995-May 1997: Head, Nursing Education, U.S. Naval Hospital Naples, Italy;
May 1997-Jan 2000: Clinical Nurse Specialist, National Naval Medical Center, Bethesda, Md.
Sep. 1998-Jan. 2001: Division Officer, 80-bed ICU USNS Comfort; deployed to the Baltic Sea;
Jan 2000-Jan 2001: Navy Nurse Liaison, Walter Reed Army Medical Center, Washington, D.C.
Jan 2001-May 2001: ICU Staff Nurse, National Naval Medical Center, Bethesda, Md.
May 2001-May 2003: Ship's Nurse, USS Nimitz (CVN 68); deployed to the Persian Gulf;

Nurse Mentor, Afghanistan National Army Regional Hospital;
Oct. 2008-Feb. 2011: Senior nursing assignments, San Diego, Coronado, Calif.
Feb. 2011-Feb. 2012: Department Head for Social Work,

"It was a phenomenal experience," said Lt. Phyllis Dykes, NHTP Behavioral Health. "I was truly inspired by all of the senior nursing executives who were there--they are still so passionate about the Navy Nurse Corps." She said it was a "once in a lifetime experience" listening to the senior nurses discuss training scenarios and contributing anecdotes from their wealth of experience.

The six Navy Nurse Corps lieutenants who attended were on duty as courtesy liaisons and Defense Health Agency Headquarters guides. They assisted with monitoring the virtual forum and were timekeepers for all of the presenters. The Nurse Interns were also invited to participate in the educational sessions. The six leadership interns were there from assignments that spanned the globe.

Patients seen in March -- 11,717

Appointment No Shows in March -- 994

In March we had an 7.8 percent no-show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms*.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369



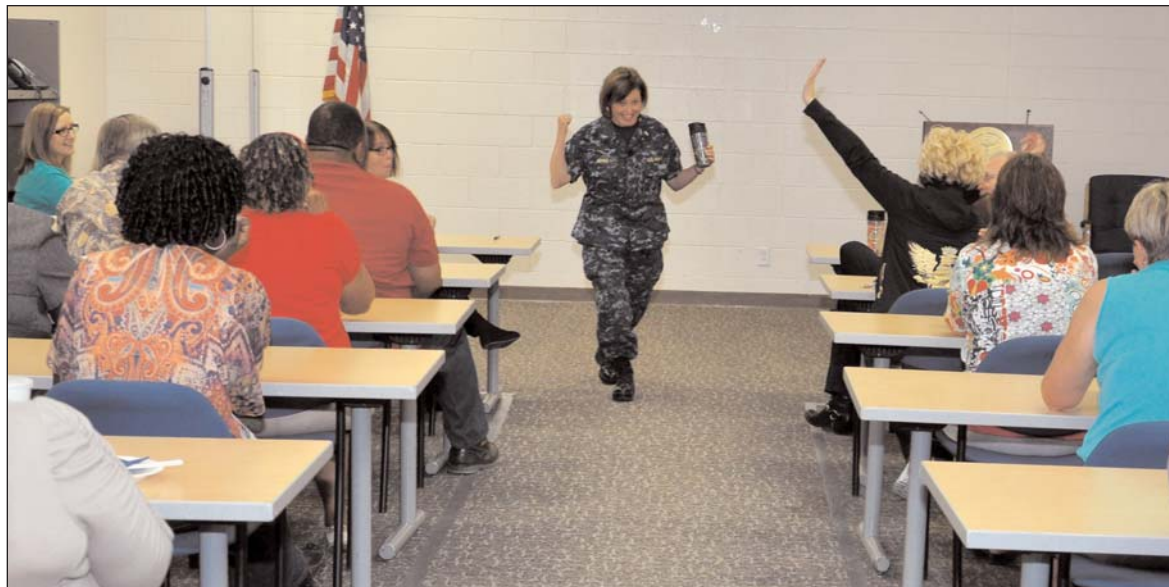
Hospital Corpsman Second Class Jennifer Rand (right), respiratory therapist, is congratulated by reenlisting officer, Cmdr. Michelle French, for reenlisting six more years Apr. 17. HM2 Rand is also the assistant leading petty officer in the Emergency Department. Rand has been in the Navy seven years, the last four at NHTP. She's originally from Santa Fe Springs, Calif., and has orders in August for Fleet Surgical Team 8 in Little Creek, Va.



Hospital Corpsman Second Class (Fleet Marine Force) Ian Smith reenlists for three more years Apr. 16. HM2 Smith, originally from Colorado Springs, Colo., has been in the Navy five and a half years. He's been working in NHTP Patient Administration since arriving in Sept. 2014, but has since departed for Naval Medical Center Portsmouth, Virginia.



Lt. Cody Davis (right) receives help with his new insignia from promoting officer, Lt. John DeGeus, at Branch Health Clinic Bridgeport Apr. 24. Lt. Davis is a physician's assistant. His hometown is Los Lunas, N.M. He has orders for a November deployment. (Photo by HM2 Xavier Jimenez)



NHTP Executive Officer, Capt. Angela Nimmo, held her final "Coffee with the XO" April 14 in Classroom 4. Capt. Nimmo, selected to be Commanding Officer at Naval Health Clinic Cherry Point, promised, "I'll be with you until at least mid-June." There was a distinct note of sadness in the room at the prospect of the Executive Officer's departure. Capt. Jeffrey Bitterman, Director of Medical Services, Naval Hospital Camp Pendleton, has been selected as NHTP's new Executive Officer. "I've already told Capt. Bitterman that his number-one priority is continuing to hold Coffee with the XO sessions, and he agreed," Capt. Nimmo said. Capt. Nimmo addressed new leadership, dwindling funding for TAD, the change-of-command ceremony, and the final disposition of the glass blocks that were replaced in last year's renovation. She noted that the ribbon-cutting for the new Adult Medical Care Clinic has been pushed back to November. Cmdr. Michelle French presented information concerning NHTP's Sexual Assault Forensic Examination (SAFE) Team and provided victim advocacy phone numbers. Capt. Nimmo said her 14-year-old son asked her three questions when she told him they were moving: Is there a movie theater? Is there grass? Are there trees? "This has truly been an honor and a privilege working with each and everyone of you," Capt. Nimmo said.

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Executive Officer

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
I feel like my husband and I are growing apart, literally. He is staying fit and trim with his unit PT, while I seem to be getting larger and fatter. It's not fair! I feel that he has help staying in shape through his job. With the warmer weather, I want to get out and into better shape. But I need help. Do you have any suggestions?
Signed,
Wants to be the wife I was

Dear Wants to be,
You're not alone in feeling the desire to get fit as the warmer months approach. Regardless of your motivation, getting into shape has many advantages. This installation has the staff and tools to help you with your goals. Getting active doesn't mean marathon training or a boot camp fitness program. Start slow and assess where you are and where you want to be. Be sure you have talked with your primary care physician and that you are medically cleared to begin an exercise

program. Think about activities you enjoy and make that a starting point.

There are walking/running clubs, High Intensity Tactical Training (HITT), Zumba, Yoga, Spinning, TRX suspension training, three gyms with classes, cardio and weights (one of them is even child-friendly!) If you're not sure where to start or need assistance coming up with a plan, there are trained fitness professionals at Semper Fit who would love to help you develop a successful strategy.

Playing with the kids or just doing some of the enjoyable activities you may remember from your childhood such as hula hooping or jumping rope burns calories, increases coordination and is a fun way to get in shape while having fun.

It is necessary to supplement your activity with healthy nutrition, hydration, a positive mindset and healthy lifestyle choices. For example, prepare and eat real food from home. This requires trips to the grocery store or farmers market weekly; but if you aren't having to try to decipher the list of ingredients on a label, you know it is better for you.

Home-cooked meals taste better and are better for you. You may even save money packing your lunch as you move closer to your health goals. For more information on healthy food choices, make an appointment with the hospital dietician or

schedule a tour of the Commissary with the Cooking Matters coordinator. Being prepared and knowing which foods are best for you makes going to the store less of a chore. Drink water... to avoid dehydration, fatigue and to fill the spot before reaching for a sugary snack. Also be sure to set small attainable goals and celebrate every victory with something other than food. Once you have achieved your first goal, you have found the confidence and motivation to keep going. Surround yourself with people that encourage and support you in your goals. This will also positively impact other lifestyle choices such as going tobacco free, moderate consumption of alcohol and developing healthy coping skills when faced with adversity.

Weight loss and fitting into your favorite summer clothes are just two benefits from eating well and making a plan to be more active. The health benefits will be even greater. Chances are, you will have more energy, be happier and feel better than ever! I have included a list of resources below to get you started and wish you the best of luck with your health journey. You can do it!

Dietician: 830-2274
Cooking Matters Commissary
Tours: (310)921-0988
Semper Fit: 830-6451
Health Promotions: 830-2814



Tanya Stuckey (left), Public Health Specialist for NHTP's Health Promotion and Wellness Office, offers advice concerning healthy life-style choices: diet, exercise, consciously limiting stress. Above: Ryleigh Howard (pink winner's ribbon) listens attentively while dad, Cpl. Michael Howard (1st Tanks), mom, Kimberly, and little Emileigh look on during the Apr. 24 Earth Day Extravaganza in the Lincoln Military Housing area adjacent to the Scout Hut.



Yoga classes are 11-12 p.m., Weds., and Fri., on the Green Mile back patio. Zumba and walking activities are also available. Call Tanya, 830-2173, for more information.

(Reyes, continued from below.)

Reyes said he appreciated the care packages he received from Fleet and Family Support Services and the Thanksgiving and Christmas cards from NHTP leadership. "It definitely made me feel welcoming and warm to show that I got support back home," he said. HM3 Reyes said it was a little surreal having Facebook and social media connections. He was able to stay connected with friends and family in his hometown, San Diego. "I even read the Examiner online and kept up with what was happening at NHTP," Reyes said.



Hospital Petty Officer 3rd Class Marc Reyes (holding papers) is welcomed home Apr. 21 from a nine-month deployment to Kandahar, Afghanistan. HM3 Reyes, NHTP Pharmacy technician, was in country to provide pharmacy support and to provide building physical security support. Reyes was selected to meet with the Honorable Ashton Carter, Secretary of Defense. "It was only his second week on the job so it meant a lot to all of the troops for him to meet everyone out there," Reyes said. "I was lucky enough to sit down and have lunch with him with 10 other enlisted personnel." (Continued above.)

2X3
Smith's Family
Properties

Super Stars...



Ms. Som Harz, Emergency Medicine Department, is assisted with her 30-year Federal Service Pin by NHTP Commanding Officer, Capt. J. Sourbeer.



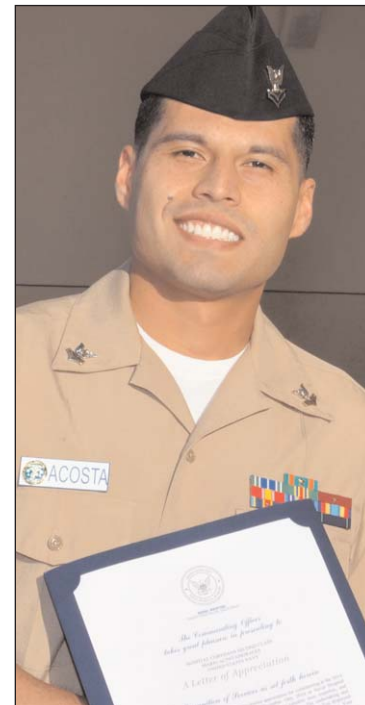
Ms. Martha Hunt, Health Promotions and Wellness Office, is presented a Federal Length of Service Award by NHTP Commanding Officer, Capt. J. Sourbeer, in grateful recognition for her 15 years of faithful service to Federal Government. Ms. Hunt coordinates the tobacco cessation program, sleep workshops and stress management. for more information or to schedule an appointment, please call Ms. Hunt at (760) 830-2814



Master-At-Arms First Class Petty Officer Steven Adams is presented a Letter of Appreciation from NHTP Commanding Officer, Capt. J. Sourbeer, for serving as the Command's 2014 Combined Federal Campaign Representative and volunteering at the food fundraiser for NHTP. "Your willingness to share your valuable time, expertise, and experience contributed to the overall success of raising \$23,000, exceeding last year's contribution by 22 percent. Your relentless efforts to contact over 600 staff members were most admirable. The undertaking and championing of an event of this magnitude takes dedication and commitment. I commend you for a job 'Well Done' and wish you continued success in your future endeavors."



Lt. Philip Sherrick (left), Head, Occupational Health Clinic, is congratulated by NHTP Commanding Officer, Capt. J. Sourbeer, on being selected as a winner of the Individual Safety Award for 2014. "Upon reporting to the command, he immediately volunteered his expertise and services to improving the ergonomics program at the hospital. By ergonomic assessments, he has significantly contributed to improving work-place safety."



Hospital Corpsman Second Class Mario Acostamora is presented a Letter of Appreciation "for volunteering at the 2014 Combined Federal Campaign Food Fundraiser on Dec. 10, 2014, at NHTP. Your willingness to share your valuable time, expertise, and experience contributed to the overall success of raising \$415. The undertaking and championing of an event of this magnitude takes dedication and commitment. You displayed passion and determination which is a reflection of your character and leadership abilities. [Signed] J. C. Sourbeer, Captain, Medical Corps, United States Navy."



Lab Week 2015: DeWert Branch Health Clinic staff hiked up to Sonora Falls with a microscope in celebration of Lab Week. Even in such a remote area, Bridgeport personnel never fail to recognize the hard work of lab technicians past and present. (Photo by HM2 Xavier Jimenez)



Chief Hospital Corpsman (Surface Warfare/Expeditionary Warfare) Robert B. Beedles is recognized with a Navy and Marine Corps Commendation Medal “for meritorious service while excelling as Independent Duty Corpsman onboard Commander, Naval Surface Forces, United States Pacific Fleet, from October 2013 to February 2015. HMC Beedles mentored 44 personnel in the treatment of over 3,000 Sailors and exceeded 90 percent Individual Medical Readiness requirement for mission standards. By his unswerving determination, wise judgment, and complete dedication of duty, Chief Petty Officer Beedles reflects great credit upon himself and upheld the highest traditions of the United States Naval Service.”

[Signed] T. S. Rowden, Vice Admiral, United States Navy.



Lt. Joseph C. Garrett is awarded the Navy and Marine Corps Commendation Medal “for meritorious service while serving as Physical Therapist, Physical Therapy Department, NHTP, from April 2013 to May 2015. As the Command Fitness Leader, he redesigned the Body Composition Assessment allowing for quicker return of members to their work centers and managed a Fitness Enhancement Program that resulted in a 75 percent test-out rate. Lt. Garrett’s distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.”



Left: Hospital Corpsman Second Class Ashleigh A. O’Connell is presented a Letter of Commendation by NHTP Commanding Officer, Capt. J. Sourbeer, “for outstanding performance of duties while serving as Leading Petty Officer, Staff Education and Training, Directorate for Administration, U.S. Naval Hospital Yokosuka, from Mar. 2013 to Nov. 2014. HM2 O’Connell assisted in the management of 32 command training programs and tracked training data for 1,160 personnel at U.S. Naval Hospital Yokosuka and its six Branch Health Clinics, resulting in an overall 90 percent training compliance rate. Petty Officer O’Connell’s exceptional professional ability and loyal devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service.” [Signed] Bruce L. Gillingham, Rear Admiral, Medical Corps, United States Navy.



Hospital Corpsman First Class (Surface Warfare) Duncan A. Stewart is presented a Letter of Commendation for outstanding performance of duties while serving as Leading Petty Officer, Directorate for Medical Services, NHTP, from Oct. 2014 to Dec. 2014, culminating in his selection as NHTP’s Senior Sailor of the Quarter for the First Quarter, FY 2015. Petty Officer Stewart’s exceptional professional ability and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.” [Signed] Bruce L. Gillingham, Rear Admiral, Medical Corps, United States Navy.

Introducing New Staff -- Welcome Aboard!



Ms. Breanna Arriola

Ms. Breanna Arriola works in the Coding Office and performs data entry. She's been in the area since 2011 and recently left the Navy after three and a half years of service as a Yeoman Seaman (E-3) at the Newport, R.I., War College. "I loved it," she said, but she took advantage of the early-out program in support of her husband and family. Her husband, Vincent Arriola, worked in NHTP Patient Administration and departed last fall. Hometown is Fayetteville, N.C. Ms. Arriola likes her new position: "Now that I'm up and going and fully trained," she said. And she loves the high desert. The sunsets, sunrises, seclusion and the desert quiet are particular attractions, she said. The Arriolas have a daughter, Nadia, five, and a son, Vincent, Jr., two-years-old. Mr. Breanna enjoys cooking and cake decorating and helping out at parties.



Lt. Temitope Ayeni

Lt. Temitope Ayeni has a picture of himself when he was Chief Hospital Corpsman (SW/FMF) standing next to Robert E. Bush. "It was his first time back in Okinawa since he left in WWII," Lt. Ayeni said. Lt. Ayeni is NHTP's New Materials Management Department Head. He arrives from the Naval Post-Graduate School in Monterey, Calif., where he earned a Master's degree in Business Administration with an emphasis on logistics materials support. Lt. Ayeni has been in the Navy 16 years, the last five as an officer. Home town is Lagos, Nigeria, which he left at the age of 16. "Coming back to Twentynine Palms is like a homecoming to me," Lt. Ayeni said. "I was here nine years ago with the Tactical Training Exercise Control Group. He was also an FMF Corpsman for eight years with the 2nd Marine Division.



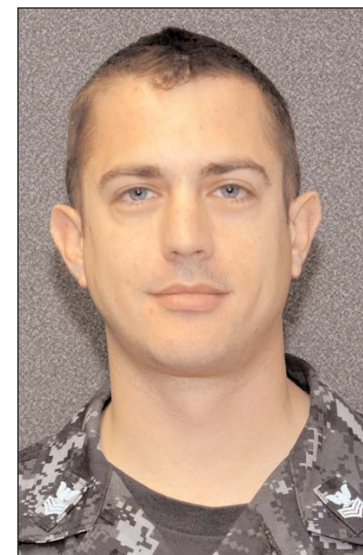
Ms. Camelen Dangeles

Ms. Camelen Dangeles is our new accounts billing technician. "I like the attitude in the hospital; I like the mission, and I like the people," she said. Ms. Dangeles previously worked for the Bureau of Land Management and is pleased with her move from BLM to NHTP because she's now closer to her home in Twentynine Palms where she's lived since 2002. Hometown is Los Angeles. She earned an Associate of Arts degree from Copper Mountain Community College. She has a son with whom she shares her property who is completing his Master's degree in Social Work at Loma Linda University. Ms. Dangeles enjoys cooking, reading, indoor gardening, cats (two), and shopping. She said she appreciates the warmth of the area and the minimal requirements for yard work. "If people are good enough to be here, then I encourage them to move here," she said.



Ms. Carla Thompson

Ms. Carla Thompson is NHTP's new System Specialist for CHCS. She arrives here from the MCAGCC Learning Resource Center. Her husband, Derek Thompson recently transitioned from Marine active-duty status as a Gunnery Sgt. They've lived in the high desert since 2007. Ms. Thompson said she enjoys the seclusion of the area. "I love isolation," she laughs. Hometown is Richmond, Calif. For leisure activities, Ms. Thompson mentions her husband's pilot training which will soon culminate in a pilot's license. She also enjoys tennis, working out, crafting jewelry, and crocheting. "I got into knitting but it was harder than I thought," she said. Ms. Thompson is expecting their first child, due July 19. The Thompsons have four dogs, two blood hounds, a beagle, a yorkie, two cats, and a tortoise.



HMI Joshua Lukacovic

Hospital Corpsman 1st Class Joshua Lukacovic has been in the Navy 12 years. He is NHTP's Command Medical Readiness Coordinator. Hometown is St. Augustine, Fla. He and his wife, Jennifer, have four children: Aden, 10, Malachi, 5, Tyson, 3, and Nyla 1. HMI Lukacovic is no stranger to the high desert. He was assigned to the Marine Wing Support Squadron 274 for a year and was assigned to 1st Battalion, 10th Marines, for three years. He's deployed four times, two times on aircraft carriers as an aviation ordnanceman, and two deployments in Afghanistan. "I loved it," he said. "I got a taste of both worlds." When asked about hobbies he replies: "I like playing with my kids, playing video games and working on cars." He says he likes all types of music and is inclined to "listen to whatever's on the radio."

NHTP's Spring Fling Hatches Community Celebration



NHTP's Spring Fling was held April 2, and between the dancing, games, jump house, food, face painting, and egg "hunt," a good time was had by all. The NHTP Second-Class Petty Officer Association, in collaboration with Morale, Welfare and Recreation (MWR), arranged the festivities and served hamburgers and hotdogs prepared by the Galley. Master of Arms Petty Officer First Class Steven Adams spun discs and got the crowd shimmying, shaking and moving to the rhythmic tunes. Bunny duty, initially performed by Hospital Corpsman Second Class Ruben Sanchez (Optometry Clinic), was taken over by Hospitalman John Butler (OBGYN Clinic), who revealed his identity through his zumba moves. "I recognize you from the zumba class," more than one person was heard to say. The evening culminated with children (and adults) scrambling to collect eggs. Shelly Sourbeer was seen discreetly tossing eggs onto the grass and then noting to children who came up short, "Hey, there's one; did you see that?"



Ad